SASKATOON metro®
NEWS WORTH SHARING.

Who is Rami Abdurrahman?

His stats on killings and clashes in Syria are the most reported in the media, but should news outlets be taking his word for it? PAGE 4

CN Rail brass on the defensive

Saturday's derailment disaster in Alberta has the company doing all it can to defend the safety of transport by railway PAGE 6

A BOYISH GRIN, MILD MANNER AND LOADED GUN

AGENT COULSON OF S.H.I.E.L.D. SEEMS AWKWARD RIGHT UNTIL HE SHOOTS YOU PAGE 9

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Rogue pepper-spray prompts review of police training

'It just kind of wafted in from the wind.'
Several hunters injured by noxious gas near police-training facility just outside Saskatoon

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred on Thursday when eight to 10 civilians came into contact with OC Spray — causing what one hunter described as a "horrible burning" — at a Saskatoon Wildlife Federation firing range.

An eyewitness told Metro that a shift in wind direction pushed the spray, which is used by the Saskatoon Police Service's public-safety unit at a nearby training facility, into an area where the hunters were practising with firearms just northeast of the city.

"We had to leave and go inside the building to get away from it, and wash out our eyes," one of the hunters told Metro, asking that his name not be published.

"It just kind of wafted in from the wind, and right away everyone just started hacking and gagging," he added, describing the effect as a "horrible burning sensation."

The hunters washed out their eyes in a wildlife federation building with the help of staff.

Alyson Edwards, city police director of public affairs, confirmed that the force is examining its practices at the range as a result.

"What happened was the training was being conducted when the winds shifted and, unfortunately, the hunters that were firing their rifles nearby were affected," Edwards explained.

"We've ordered a review of the incident, and we're also going to review how this training is organized to try to avoid things like this in the future."

Darren Newberry, executive director of the wildlife federation, said he's pleased that police are looking into what went wrong.

"Obviously we don't want the incident to happen again for the safety of people on their range — and from our range, as well," Newberry said, adding that his organization's members "value the partnership" they have with police.

Edwards noted that a member of the public-safety unit has apologized to the injured hunters and to the wildlife federation.

The police service, she added, will look at options for a new outdoor training site in the coming years.

ROLLIN' ROLLIN' ROLLIN'

Members of the Saskatoon Junior Roller Derby League battle it out on a flat track Sunday at the Cosmo Civic Centre. Saskatchewan has been selected as one of three locations across the country to host tryouts for Team Canada, which will face off against squads from countries around the globe at the Blood and Thunder Roller Derby World Cup in Dallas next year. Story, page 2. MORGAN MODJESKI/METRO

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NEWS 1

Sask. to roll with Canada and against the world

Home turf. Saskatoon to host tryouts for Team Canada roller derby

Blood and thunder, with some Saskatchewan toughness and hospitality thrown in for good measure.

Roller derby women from across the Prairie provinces will converge on Saskatoon in November for their chance to compete at the 2014 Blood and Thunder Roller Derby World Cup in Texas.

Saskatchewan is one of three tryout locations for Canada's national team, which will battle for the World Cup in Dallas next year. And members of the Saskatoon Roller Derby League see hosting the tryout as another big step for the sport in this province.

"It's huge, it means a lot to us," Sarah "Curb Stompin'" Coleshaw, spokeswoman for the league, said on Sunday.

"After nationals, us and Regina definitely showed the country what Saskatchewan has to offer."

Coleshaw is expecting roller derby players from Saskatchewan, Alberta and Manitoba to go head to head in the rough-and-tumble tryouts, slated for Nov. 23 at the Henk Ruys Soccer Centre.

"To make your national team is a huge honour," she said. "It's a huge undertaking, because they don't just take really good jammers or really good blockers. They take the best all-around skaters — you have to be able to do everything."

Ian MacKenzie, known by his derby name Mack the Mouth, an assistant coach with Team Canada, said the selection of Saskatchewan for the trials is based on several factors.

"Saskatoon was definitely one of the teams that submitted and brought a really good submission forward around infrastructure, logistics, hotels and the ability to have 100 or more skaters show up," he said on Sunday.

Team Canada will also hold tryouts in New Hamburg, Ont., on Nov. 30, and in Chilliwack, B.C., on Dec. 7.

MORGAN MODJESKI/METRO

Two members of the Saskatoon Junior Roller Derby League race around the track at Cosmo Civic Centre on Sunday.
MORGAN MODJESKI/METRO

City police respond to several incidents over weekend

A gunpoint altercation, an armed attack and a serious downtown crash were among the incidents that Saskatoon police probed this past weekend.

On Saturday, officers responded to the 400 block of Avenue F South, where a Saskatoon man was confronted by two men, one with a handgun. A passerby intervened, causing the assailants to flee — one on foot, the other on a bicycle.

A short time later, officers saw a man matching the description of the bike-riding thief and caught up with him. A 31-year-old man is facing charges of pointing a firearm and possessing stolen property, as a gun recovered by police had been reported stolen.

The other suspect remains at large.

Then, just before midnight, officers were called to St. Paul's Hospital after a 40-year-old man arrived with serious head injuries.

Indications are the man was attacked with an edged weapon similar to an axe or machete, though police said the man is not co-operating while their investigation continues.

Early on Sunday, officers arrested a 29-year-old man on pending charges of impaired driving causing bodily harm after a two-vehicle crash sent three people to hospital.

About 2:30 a.m., a taxi attempting a U-turn on Spadina Crescent East, just south of 21st Street East, was hit by a southbound vehicle.

A 31-year-old man driving the cab, along with two passengers, a 22-year-old woman and a 26-year-old man, were taken to hospital with undetermined injuries.

The 29-year-old is in custody. MORGAN MODJESKI/METRO

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Argentina's agro-boom — is it poisoning its people?

Agrochemicals.
Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors increasingly are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS

Two-year-old Camila Veron, born with multiple organ problems and severely disabled, stands outside her home in Avia Terai, Argentina, on March 31. It's nearly impossible to prove that exposure to a specific chemical caused an individual's cancer or birth defect, but doctors say these cases merit a rigorous government investigation.

ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS

Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.

Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Spraying laws vary

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Cancer rates

4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

Media source for data on Syria's civil war is mysterious, biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house, and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime.

Opponents accuse him of overplaying incidents of sectarian violence to blacken the reputation of those trying to topple President Bashar Assad.

Abdurrahman — whose real name is Ossama Suleiman — defended his decision to use a pseudonym as part of the Arab tradition of the nom de guerre.

"He's just everywhere," said Joshua Landis, the director of the Center for Middle East Studies at the University of Oklahoma.

"He's the go-to guy for figures.... I can't think of anybody who comes close."

Abdurrahman sees the competing allegations as evidence that's he's being fair: "You know you're doing a good job when all the sides start to attack you," he said in a recent interview.

Abdurrahman, who says he makes his living from a clothing shop, says the Observatory relies on four unnamed activists in Syria and a wider network of monitors across the country to document and verify clashes and killings.

By his own account, Abdurrahman operates as a kind of human switchboard, fielding calls round-the-clock from Syrian activists, international journalists, and human-rights workers.

Particularly intense news days have seen up to 500 calls, he said.

Suspicions have long dogged Abdurrahman.

Is the self-exiled Syrian really who he says he is?

Who's behind his organization?

And is he accurate enough to justify the world's reliance on his reporting?

Abdurrahman's accuracy matters because so many news organizations use his reporting.

He claims to have rarely gotten it wrong, saying he could think of only two cases in which he overstated casualty figures.

Other mistakes, such as confusing a car bombing with a mortar strike, were more common, but in every case he insisted errors were corrected.

"We're human, we make mistakes," he said.

His level of prominence in news stories worries those awho harbour doubts about his organization.

The problem with checking what's going on in Syria is that few people can gain access to the areas involved, said human-rights researcher Cilina Nasser, who works for Amnesty International.

She described Abdurrahman as careful and "usually accurate."

Her opinion was largely seconded by Lama Fakih, a researcher with New York-based Human Rights Watch.

"In broad strokes, the reporting is solid," she said.

THE ASSOCIATED PRESS

Fishy?

Suspicion surrounds self-exiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

- "Something is going on which is quite fishy," said As'ad AbuKhalil, a professor at California State University.

Rami Abdurrahman speaks at his modest home in Coventry, England, from where his Syrian Observatory for Human Rights keeps a controversial tally of killings and clashes in the Syrian civil war. RAPHAEL SATTER/THE ASSOCIATED PRESS

385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of customers. The café and a nearby juice shop is a favourite hangout for young people, who filled the area at the time of the explosions.

The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown by security forces on a Sunni protest camp in the town of Hawijah in April.

THE ASSOCIATED PRESS

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohammed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group.

The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead.

THE ASSOCIATED PRESS

New South Wales

Wildfires destroy more than 200 Australian homes

Firefighters battling some of the most destructive wildfires to ever strike Australia's most populous state were focusing on a major blaze Sunday near the town of Lithgow that stretched along a 300-kilometre front.

Authorities warned that high temperatures and winds were likely to maintain heightened fire danger for days in the state of New South Wales.

The fires have killed one man, destroyed 208 homes and damaged another 122 since Thursday.

Firefighters have taken advantage of milder conditions to reduce the number of fires near towns around Sydney from more than 100 on Thursday night to 61 on Sunday. THE ASSOCIATED PRESS

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Opponents of a gay pride march throw stones at riot police in Podgorica, Montenegro, Sunday. Police used tear gas when protesters tried to push through cordons of police protecting the march. RISTO BOZOVIC/THE ASSOCIATED PRESS

Opponents of gay march clash with Montenegro police

Test. Pride marches seen as a test of country's commitment to human rights as it seeks to join the European Union

Police in Montenegro fired tear gas to repel anti-gay extremists who threw rocks and firebombs at officers protecting a gay pride march Sunday, officials said. About 60 people were injured.

The violence occurred when the attackers tried to push through hundreds of police to reach those taking part in the march in Podgorica, the capital of the staunchly conservative Balkan country. After the march, the gay rights demonstrators were evacuated to a safe location in police vehicles.

Police said about 20 of the injured during the clashes were officers, and the remaining 40 were from "hooligan groups." About 60 of around 1,500 extremists who took part in the riots were arrested, police said.

March organizer Danijel Kalezic said the police protection allowed about 150 gay activists to walk peacefully through the city.

"As of today, gay people are no longer invisible in Montenegro," Kalezic said. "From today, these streets are ours as well."

THE ASSOCIATED PRESS

Quoted

"As of today, gay people are no longer invisible in Montenegro."

Danijel Kalezic, gay march organizer

Bootleg booze

India toxic liquor death toll now 42

Another 10 people have died in hospitals after drinking toxic bootleg liquor in Uttar Pradesh state in northern India, police said Sunday, raising the death toll to 42 in the past three days.

Police arrested 32 people for illegally brewing and selling the toxic drink to the villagers, who were celebrating the Hindu Dussehra festival. Illicit liquor is often spiked with chemicals such as pesticides to increase potency.

THE ASSOCIATED PRESS

France politics

Now far-right party feels affronted

France's far-right party is filing a complaint against Justice Minister Christine Taubira, who called the party's ideas "murderous" after one of its members compared her to a monkey.

Last week, a National Front candidate in a municipal election posted a montage on Facebook that implied a photo of a monkey was a baby picture of Taubira, who is black. The Front has since suspended Anne-Sophie Leclere's candidacy. THE ASSOCIATED PRESS

Laos plane crash

Signals picked up from black box

Investigators in Laos said they picked up underwater signals Sunday that they believe are from the black box of a passenger plane that crashed into the Mekong River last week, but that strong currents were thwarting attempts to find it.

The Lao Airlines ATR-72 turboprop plane crashed Wednesday. All 49 people on board are presumed dead. So far, 41 bodies have been recovered.

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CN on best behaviour as it deals with derailment fallout: Experts

PR. Saturday's disaster in Gainford, Alta., was the company's third derailment involving hazardous goods in recent weeks

Emergency crews work at the scene of a train derailment near Gainford, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

CN Rail's strong and swift response to the derailment of a fuel-laden train in Alberta shows how anxious the company is to quell safety concerns as more dangerous goods travel by rail, experts said Sunday.

The railway company dispatched its top brass, led by chief operating officer Jim Vena, to handle the crisis after 13 cars carrying crude oil and liquefied petroleum gas came off the tracks and caught fire early Saturday in Gainford, west of Edmonton.

Within less than 24 hours, the company had publicly apologized for the disruption, while stressing the vast majority of its cargo arrives safely without incident.

"They have their COO out there, they've apologized, they're keeping everybody informed — that's all really good stuff," said Michael Davis, managing director of the Vancouver consulting firm Reputations.

"The reason is they're terrified they're going to pop up ... above the radar and all of a sudden they're going to start getting all this public pressure on the amount of oil products and petroleum products that are being shipped by rail."

CN's efforts may not be enough to counteract mounting safety concerns over hauling dangerous goods by rail, however, Davis said, pointing to last summer's disaster in Quebec involving another rail company.

"They have popped up onto the public radar because of Lac-Mégantic and then the other derailments over the last little while ... and I think they're going to run into the same kind of ferocious opposition as pipelines are getting," he said.

No one was hurt in Saturday's derailment, but several cars leaked gas and burst into a giant fireball and roughly 100 residents were forced from their homes.

The incident came amid reports that CN is looking into shipping Alberta bitumen to Prince Rupert, B.C., in quantities matching the controversial North Gateway pipeline.

The company has denied the reports but said it would consider any such project as it comes up.

There has also been a heated debate over shipping oil by rail since a train careened into Lac-Mégantic in July, levelling much of the community and claiming an estimated 47 lives.

The way the rail company's parent company handled the Quebec disaster was widely criticized.

Ed Burkhardt, the president of Chicago-based Rail World, didn't arrive in Lac-Mégantic until four days after the disaster occurred. His apology to residents was greeted with jeers and insults. Many also raised eyebrows because in the hours before he arrived he cracked some jokes about the angry response he was likely to receive.

In Gainford, Vena made a public apology to the residents who were forced from their homes, expressing regret for the inconvenience the incident caused.

CN Rail public-affairs and media-relations officials were both on the scene and working the phones trying to present the rail line's safety record in the best possible light.

The contrast between the two railway companies' responses is staggering, said Kenneth Wong, a marketing expert at Queen's University.

"In Lac-Mégantic, there was no indication of contrition and certainly no sense of compassion that was demonstrated despite the fact that it was a massive disaster," he said.

THE CANADIAN PRESS

Quoted

"We see a business here that is really pulling out all the stops to defend its brand."

Kenneth Wong, a marketing expert at Queen's University, on CN Rail.

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New Brunswick

Shale-gas project opponents gather at First Nation

Hundreds of people gathered at a community hall in New Brunswick on Sunday to discuss their opposition of the development of a shale-gas sector in the province as their protest garnered support from a Manitoba grand chief.

Elsipogtog Chief Arren Sock said the meeting at New Brunswick's Elsipogtog First Nation was a chance for people in his community to tell their stories.

Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the community and protesters. He said he would stay as long as he was needed.

THE CANADIAN PRES

Fusion

Experimental TV station targets young Hispanics

The long-awaited DNA exchange between ABC and Univision emerges from the test tube this month, aiming to stretch the limits of traditional network programming in the U.S. The English-language television network, called Fusion, will target millennial Hispanics and their BFFs as it attempts to capitalize on a generation for which cultural fusion is the norm and digital media is king.

The network will provide something of a grab bag: A mix of hard news, commentary, sports and irreverence aimed at 16- to 30-year-olds. Think Comedy Central, Vice.com, ABC and Univision, all in one. THE ASSOCIATED PRESS

Politics

Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa, and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto Centre and Bourassa are longtime Liberal strongholds, left vacant after the resignations of former interim leader Bob Rae and veteran MP Denis Coderre respectively. However, New Democrats are making a concerted effort to snatch the two ridings away.

THE CANADIAN PRESS

H&M wants you to decide how to spend $80M

Corporate responsibility. Fast fashion giant H&M lets customers decide philanthropy with online crowdsourcing

ELISABETH BRAW
Metro World News in London, U.K.

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce today an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about $80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: what are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowdsourced philanthropy.

"It accomplishes the company's goal of making their customers aware of their CSR (corporate social responsibility)," notes Mari Kuraishi, co-founder and president of globalgiving.org, which connects people with causes that suit their taste.

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while voting might be fun, how much good will the resulting projects do?

In some cases it may be little more than a publicity stunt, says Kuraishi, but it also gets CSR on consumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at the pub."

Model Jennie Runk in an H&M swimsuit ad. COURTESY H&M

Global giving

H&M's new crowd-sourced philanthropy campaign means you can shop and do good at the same time.

- **Pick your passion** There are five options to choose from, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- **Online ballots** Customers can vote at makeadifference.hm.com.

Better at math. Bank of Canada economists get failing grade in writing

An internal report card says the Bank of Canada's economists don't write too good.

"Economists' writing skills were identified by many as an area for improvement," says an audit ordered by the bank.

"This includes difficulties being succinct, grammatically correct and prioritizing the data into useful information."

The economists, most of them with graduate degrees, dissect the state of the Canadian and international economies. Their advice is used to set Canada's monetary policy.

The workload of the group has grown tremendously since the global meltdown of 2008, the audit notes.

This analysis, which now takes up to half the time of these economists, also appears to have created a paper jam as managers must then edit the below-standard English or French.

The group clearly needs training in writing skills, the report concludes, and the bank's management agreed to provide it. THE CANADIAN PRESS

Economics, by its very nature, is a discipline dense in jargon. METRO

Green entertainment

Matt Damon wins eco award

Actor Matt Damon, who starred in fracking drama Promised Land, was recognized for his film's eco-friendly messages by the Environmental Media Association on Saturday.

The group channels celebrity and media to promote sustainable behaviours and ecological awareness. THE ASSOCIATED PRESS

Matt Damon starred in fracking drama Promised Land. FOCUS FEATURES

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STUDENTS ARE OUR FUTURE

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

It's heartening to see that the Saskatchewan Party government is turning its populist agenda toward an issue near and dear to the hearts of many Saskatchewanians: school funding. Last week, Premier Brad Wall dropped a teaser for the throne Speech this Wednesday: some education capital projects might be funded sooner rather than later. Anxious educators and parents who are wedging their children into schools bursting at the seams may be able to breathe a sigh of relief.

The status quo in Saskatchewan is in need of some cash infusion. According to a brusque report by the Saskatchewan auditor general this past June, the Ministry of Education's piecemeal approach to funding results is haphazard distribution of monies across the province. Each division's request for capital funding is judged on the merits of the division alone, and is not slotted into a larger picture. Many rural divisions are undergoing contraction while schools in major centres can barely keep up with the influx of students. For example, Saskatoon has five schools with more than 120 per cent occupancy; at the same time, three are less than 50 per cent full. Regina has seven schools with more than 120 per cent enrolment and none below 50 per cent.

Regina and Saskatoon have seen striking increases in enrolment — hardly a surprise given the increase in the age 0-4 and 20-34 demographics during the past 10 years, according to the province's bureau of statistics. Another statistic that is no doubt giving the government a headache: more than 70 per cent of the school buildings in Saskatchewan are more than 40 years old — rapidly approaching end-of-life in some cases, or needing major repairs that are more expensive than tearing down and starting over, as in the case of Regina's Connaught School.

Wall has hinted at bundling projects together and possibly using public-private partnerships to give students breathing room. I'm not a huge advocate for P-3s across the board — I'm suspicious of any declaration of a single method to cure all ills. But in many areas, the pressure for more accommodation is at an all-time high. Hopefully, the funding will be accompanied by a vision for Saskatchewan education as a whole, with comprehensive, sensitive plans and projects.

Perhaps the government is being cautious, not wanting to plunge us into Devine 2.0 with more and more debt. But schools and education are a value-added proposition, where every dollar invested reaps multitudes of benefits. An informed, critical-thinking populace earns more and by extension pays more tax, fosters creativity and entrepreneurship, and remains flexible in the face of a possible resource or economic downturn.

It's not a cliché, in this case, to assert that schools are indeed the future. They would be a great legacy for a populist premier.

ZOOM

Nelson Mandela larger than life

GETTY IMAGES

Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Famous quote

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela

Former German chancellor Willy Brandt on a sliver of the former Berlin Wall. He received a Nobel Peace Prize for attempting to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect mixture for supporting Canadian talent like this.

CONTRIBUTED

No Babies:
The debut (I assume) album from this Dartmouth group is pure sugary bliss from the opening seconds. A heady mix of electro-pop and beach-y guitar jams. The only complaint I have is that it wasn't released in June. (thenobabies.bandcamp.com)

Viet Cong:
A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manchester than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:
Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album Gravez a spin. There's literally nothing to not like in there. (dapsrecords.bandcamp.com)

Twitter

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8tstManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs in first place.

@1puttB: 2013 and we still have slavery?

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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London, England

Depp salutes horror-film star Christopher Lee

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's Sleepy Hollow, Dark Shadows and Charlie and the Chocolate Factory. THE ASSOCIATED PRESS

Christopher Lee and Johnny Depp
INVISION FOR BFI/THE ASSOCIATED PRESS

Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure Gravity continues to be the box-office juggernaut of the fall. The film, starring Sandra Bullock, earned $31 million US over the weekend, according to studio estimates Sunday. The Warner Bros. film has now made more than $170 million US in three weeks. Tom Hanks' Somali pirate docudrama Captain Phillips held in second place at the box office. THE ASSOCIATED PRESS

From left, Clark Gregg, Brett Dalton and Chloe Bennet in a scene from Marvel's Agents of S.H.I.E.L.D. JUSTIN LUBIN/ABC/THE ASSOCIATED PRESS

Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of Agents of S.H.I.E.L.D.

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp Iron Man.

Now, after gaining an ever-higher profile as Coulson in subsequent projects, including last year's mega-hit The Avengers, Gregg has broken out as the star of Marvel's Agents of S.H.I.E.L.D., the new acronymic sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's Agents call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, "whether he's on the beach, in the jungle ..."

"But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

Agent Coulson is also a master of the dry quip, courtesy of Gregg. "No matter what the line, Clark always makes it sound so classy and cool," said Tancharoen.

"The show doesn't take itself too seriously," Gregg notes gratefully during a recent chat in New York, "except in the moments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, The West Wing, where he had a recurring role as, yes, an FBI special agent.
THE ASSOCIATED PRESS

When super-agents take selfies

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's Agents of S.H.I.E.L.D.

Celeb offspring. Duhamel says his son's no crybaby

Proud papa Josh Duhamel has no problem bragging about his well-behaved baby. The 40-year-old actor and his wife, Fergie of the Black Eyed Peas, welcomed their first child, Axl Jack, on Aug. 29.

"What's surprised me the most is how well behaved he is. I was expecting a crying baby all the time and he's been really mild-mannered," Duhamel said.

But he's aware of what could be in store if the couple ever decides to expand the brood. "I think somehow biology, the universe, whatever, you know, gives you like a pleasant baby first so that you have another one, procreate, and then the next one's a holy terror and then you really realize what being a new parent is all about," joked Duhamel.
THE ASSOCIATED PRESS

Desperate Housewives

Sheridan's case against ABC nixed

A judge has dismissed actress Nicollette Sheridan's long-running lawsuit against ABC over her firing from the hit series Desperate Housewives. He ruled the case couldn't proceed because the actress should have exhausted her claims to a labour commissioner before pursuing a trial.
THE ASSOCIATED PRESS

Tour cancelled. Mahone is being treated for blood clot

Teen singer Austin Mahone has postponed his tour and is being treated for a blood clot in his throat. A representative for the 17-year-old said in a statement that Mahone was admitted to the hospital Thursday with a 40 C temperature. The rep adds that he's dealing with "extreme inflammation in his throat as well as severe dehydration."
THE ASSOCIATED PRESS

Austin Mahone performs in New York on Oct. 11. INVISION/THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

What's wrong Charlie, you don't like money?

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

Model Kat Torres says she's dating Leo DiCaprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.

Wedding Bell finally tolls for Kristen as she marries Dax in spontaneous style

After a very long engagement, Kristen Bell and Dax Shepard have reportedly tied the knot in an incredibly low-key and spontaneous ceremony, according to TMZ. "We just haven't gotten it together on a Saturday to get to the courthouse," Bell told E! News recently when asked about the delay. "It's just out of laziness that we haven't actually done it yet." Bell and Shepard did finally make it to the Beverly Hills City Clerk's Office this weekend, and though they planned to just get their marriage licence, sources say they ended up going ahead and taking the plunge. Bell and Shepard had been engaged for years but refused to wed until same-sex marriage was reinstated in California.

Kristen Bell

Colin Farrell. ALL IMAGES GETTY

Ex hellraiser Farrell recalls his crazy drug-filled days

Colin Farrell isn't afraid to discuss his hard-partying, pre-rehab past, explaining that when he'd finally sought treatment after filming Miami Vice, he felt like his body was dying. "I'd gotten out of control. For years I could indulge in certain things," Farrell says in a recent The Late Late Show interview. "I had quite a high tolerance for various drugs for years, I thought. It accumulated to the point where I couldn't put my foot on the brake anymore."

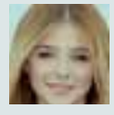
Zac Efron

Efron keeps it low key and all boys for birthday bash

Zac Efron celebrated his 26th birthday with a round of golf with his dad during the day and small shindig with friends — no girls allowed — at the Chateau Marmont, according to Us Weekly. The former High School Musical star, who completed a stint in rehab earlier this year for reported problems with cocaine and alcohol, was joined by Robert Pattinson, Joe Jonas and his That Awkward Moment co-star Michael B. Jordan for the festivities.

Twitter

@Josswhedon
"Friendzone" means any woman who doesn't have sex w/a guy is doing him an injustice. The term debases everyone. Can we retire it?



@ChloeGMoretz
Tomorrow! Japan!!

@oliviawilde
The fact that the valet guy just called me "sir" isn't as awesome as how long it took his buddy to convince him he was wrong.

Skin care

Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of Skin Rules, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?
One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discolouration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also to take short showers and avoid hot water.

How should pregnant women take care of their skin?
It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to avoid?

Pregnant women should avoid retinol. ISTOCK

Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. METRO

Exclusively online

Are your kids ready to pop some hashtags? Find out with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Hashtag your reasons on social media to #reasonsmommydrinks

All fun and games till your kid's schedule stresses everyone out

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come out.

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of Get Smart or The Partridge Family.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book Shut Up & Eat was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities — the "Rep" level team, be it hockey, soccer, swimming, etc.

(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shocking.)

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?

Parents should choose their child's activities carefully. ISTOCK

Why you don't want to raise a candy girl

Dental surgery rates among preschoolers were the highest in Nunavut, the Northwest Territories and Saskatchewan. ISTOCK

For thousands of Canadian preschoolers, going to the dentist doesn't mean a visit to a clinic for a minor cavity, but going under general anesthesia for dental surgery in a hospital.

About 19,000 children aged one to five end up in hospital each year because they have multiple cavities and tooth decay so severe that it requires surgical treatment, says a report from the Canadian Institute for Health Information (CIHI), released Thursday.

In fact, about one-third of all day surgery operations for preschoolers — who still have their baby teeth — are done to perform substantial dental work.

"When you see the numbers, when you think 19,000 kids, you just really are taken aback," said Anne McFarlane, CIHI vice-president for Western Canada and developmental initiatives.

"And that's just the tip of the iceberg," McFarlane said from Victoria, noting that the figure doesn't capture children who are waiting for surgery or those who had their dental work done in a clinic.

Dental surgery rates among preschoolers were highest in Nunavut, the Northwest Territories and Saskatchewan, while Ontario, Alberta and B.C. had the lowest rates in the country.

McFarlane said a number of factors likely contribute to children who still have their baby teeth developing substantial decay: lack of fluoridation in water, ignorance of good dental hygiene practices and having limited access to dental care if living in a rural or remote community. THE CANADIAN PRESS

Nutty Thumbprint Cookies get two thumbs way up

Ingredients

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugar
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose flour
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) ground almonds
- 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread

This recipe makes 65 cookies. PRESIDENT'S CHOICE

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

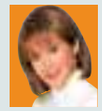
2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15 ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet. While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. **PRESIDENT'S CHOICE**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

No meal is complete without a sweet ending, but some seasonal treats are loaded with sugar.

Pumpkin pie

466 calories / 45 g sugar

Pumpkin pie will be all around us this season. A butter graham crust and creamy filling adds up quickly.

Equivalent

One slice of pumpkin pie is equal in sugar to 22 Timbits.

6 President's Choice mini chocolate eclairs

270 calories / 12 g sugar

Six eclairs give you almost half the calories and a fraction of the fat of the pumpkin pie.

Spread it all over bread or eat it from the jar, we won't tell

Remember when Fluffernutter sandwiches were all the rage? This DIY Nutella-Marshmallow spread reimagines the idea with chocolate-hazelnut flavour instead of peanut butter.

1. In a medium saucepan over medium-high heat, combine the water, sugar and corn syrup (or honey). Stir gently to combine. Insert a candy thermometer and heat, without stirring, until the mixture reaches 240 F.

2. Meanwhile, when sugar syrup begins to form large bubbles, and the thermometer reads about 225 F to 230 F, place the egg whites and cream of tartar in the bowl of a stand mixer and beat the whites to soft peaks. This should take about 4 minutes.

3. By the time the whites are whipped, the sugar syrup should be at 240 F. Remove from the heat and with the mixer running, carefully pour the syrup in a thin, steady stream into the whites. The whites will deflate slightly at first, but as the sugar syrup becomes incorporated, they will thicken, turn white and begin to fluff up.

This recipe makes four cups. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Continue to whip the mixture for 7 to 8 minutes, or until very thick and glossy. Add the vanilla and whip for another minute. Remove the bowl from the mixer, then fold in the Nutella until mixed, but not blended. Transfer to an airtight container. The spread can be stored at room temperature for 2 weeks. **THE ASSOCIATED PRESS/ RECIPE ADAPTED FROM THE KING ARTHUR FLOUR CO.**

Ingredients

- 1/3 cup water
- 3/4 cup sugar
- 3/4 cup corn syrup or honey
- 3 egg whites, room temperature
- 1/2 tsp cream of tartar
- 1 tsp vanilla extract
- Half of a 13-oz jar of Nutella

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Dessert. Yogurt Panna Cotta & Raspberry Coulis

1. Mix gelatin with 50 ml (1/4 cup) of the milk and let stand for 10 minutes.

2. Heat remaining milk but don't boil. Remove from heat and stir in gelatin until completely dissolved. Let cool for 5 minutes.

3. Add lemon zest and juice to yogurt. Blend remaining milk into yogurt. Pour into 6 decorative moulds and refrigerate until set, at least 4 hours.

4. To unmould ramekins, run a small knife around the edge of each ramekin, put a plate on top and flip ramekin over. Pat it a few times to help release panna cotta and then carefully lift ramekin off.

5. Raspberry Coulis: Purée coulis ingredients together in a blender and strain. Spoon around base of unmoulded panna cotta.
THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients

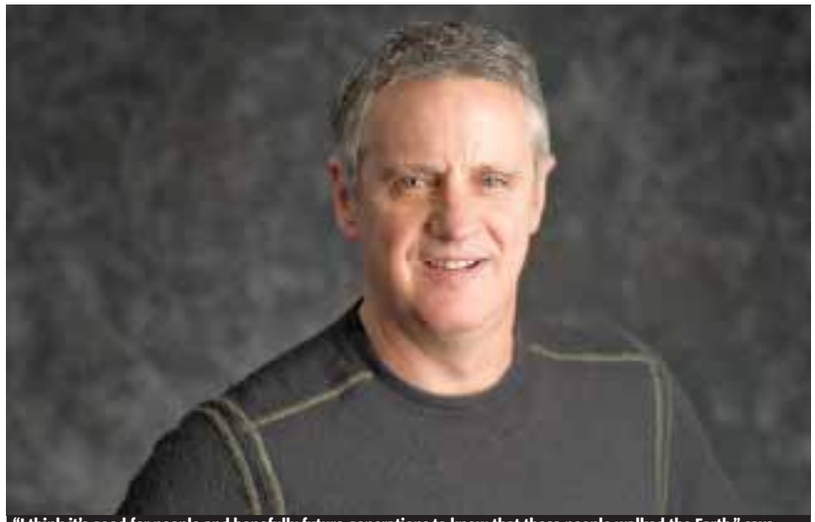
- 1 pouch (7 g/1/4 oz) unflavoured gelatin
- 250 ml (1 cup) milk, divided
- 5 ml (1 tsp) grated lemon zest
- 45 ml (3 tbsp) lemon juice
- 500 ml (2 cups) 2 per cent vanilla yogurt

Raspberry Coulis

- 300 ml (10 oz) raspberries
- 15 ml (1 tbsp) sugar

Legends of a vanishing labour force

Back in my workday... Author of A Good Day's Work hopes to preserve memory of Canada's vanishing jobs



"I think it's good for people and hopefully future generations to know that these people walked the Earth," says author John DeMont of the individuals profiled in his new book. THE CANADIAN PRESS

When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifax-based journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being interested in a positive way."

A Good Day's Work: In Pursuit of a Disappearing Canada (Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for him — and for the country as a whole.

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from family-owned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multi-city book tour.

THE CANADIAN PRESS

Passé professions

A Good Day's Work profiles a variety of disappearing vocations

- Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.

Cool careers

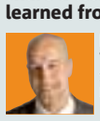
"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

John DeMont
Author of A Good Day's Work

'Round the world wisdom

Facing adversity? Be your words not your feelings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

As individuals our word is our bond. It is a measures of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was set to join me for the Sahara Race in 2011.

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions — two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do things.

When you choose to follow through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Show me the marketing job!

Fields in your dreams? There are plenty of ways to kick off a career in sports that don't require athletic expertise

MEREDITH ENGEL
Metro World News

Sports management requires individuals who will always aim high to satisfy their clients. ISTOCK

Thinking of a sports career off the field may evoke visions of Jerry McGuire and rubbing elbows with players in the locker room. But a career in sports marketing is not all about the glamour of the game. We tapped David Eisenberg, the senior manager of sports and entertainment marketing for American Express, for his tips on making it in (and on) the field. Besides getting a degree in the field and networking as often as possible, here's what else he recommends:

Explore all sides of the business

Going into sports marketing doesn't always translate to representing your favourite team. You can work on a brand, like American Express, a property (like the United States Golf Association, for example), or an ad agency.

"I've worked at an agency and a brand, and that's been a wonderful experience because I've learned so many different things from so many different angles," Eisenberg says. "Think: 'What area do I feel like would give me the most opportunity to learn as much as I can, have a lot of fun and be really engaged in my career?'"

Remember who you serve

As much as everyone loves the game, at the end of the day, it's the fans who marketers are ultimately trying to reach — they're the ones who are opening their wallets. "We're very focused on really creating those lasting memories for the card member (and) at the same time exposing prospective card members to the benefits," Eisenberg says.

Realize that it's not all about the glitz

Though he gets to oversee events, Eisenberg also says desk time is a big part of the job. "The glitz is the glitz only if somebody needs it or wants it," he says. "(We're) more focused on, 'How do we create scalable experiences for lots of people to take advantage of?' And if that means it is more focused on service, which may just be getting a lesson, versus getting the opportunity to meet a famous golfer, we want to make sure that we're able to reach as many people as we can, with the benefit that's gonna make the biggest impact. If it's glitzy, great.

"If it's not, that's OK, because the important thing is it may give us the scale and it may also give us the opportunity to really build a meaningful relationship."

Fancy free?

"The glitz is the glitz only if somebody needs it or wants it."

David Eisenberg
Senior manager of sports and entertainment marketing

Hilltops withstand 'Cats attack to get win

Football. Saskatoon moves past monster first half from Edmonton's Hawreliak to earn a victory at Gordie Howe Bowl

Saskatoon Hilltops wide receiver Graham Unruh and Edmonton Wildcats defensive back Gordie Poliak battle for the ball in the first quarter of the PFC semifinal at the Gordie Howe Bowl on Sunday. SIMON HIATT/FOR METRO

Saskatoon struggled to contain the Prairie Football Conference's best running back early in a PFC semifinal game on Sunday, but in the end it was the Hilltops who ran away with the game at home — downing the Edmonton Wildcats 41-10.

The Hilltops probably counted themselves lucky to trail by only three points after the first quarter at the Gordie Howe Bowl, as the Wildcats moved the ball effectively — largely on the legs of running back Levon Hawreliak, who rushed for 264 yards in the first half.

Early in the second quarter, Hawreliak carried up the middle and 63 yards later found the end zone to make it 10-0 Edmonton.

That play might have woken up the Hilltops offence as quarterback Matt Karpinka hit receiver Evan Kopchynski for a 24-yard touchdown pass to pull Saskatoon within three.

Later in the quarter, Karpinka and Kopchynski hooked up for another major from 28 yards out to give Saskatoon a 14-10 lead.

The Hilltops' Andre Lalonde showed that Hawreliak wasn't the only big-name back in the game, as he took it in from the 12-yard line to make it 24-10 early in the third.

Then it was Lalonde through the air for a major as he caught a 10-yard Karpinka pass, expanding the Saskatoon advantage to 21 points. And three minutes later, a 35-yard touchdown pass to Lalonde made it 38-10.

The Hilltops did a much better job of shutting down Hawreliak in the second half, as they clinched a spot in the PFC final next Sunday at Griffiths Stadium.

"That's the best that we've played for three quarters all year. I'd like to forget the first quarter, but hey, we've got to coach them up on something," Hilltops coach Tom Sargeant said after the game. "We'll have good tape to get after them."

CFL

Big win creates job security in Riderville

Mike McCullough shouldn't have to visit the unemployment office any time soon.

The Saskatchewan Roughriders' middle linebacker forced two fumbles before halftime and knocked down a key second-down pass early in the first quarter as the Riders clinched a home playoff game for the first time since 2010 with a 35-14 win Saturday over the B.C. Lions.

Saskatchewan (11-5) won its third straight game and the season series with B.C. (9-7), meaning it can finish no lower than second in the CFL's West Division. The Lions (9-7) will finish third and travel to Regina or Calgary for the West semifinal.

The Riders and Stampeders will play next Saturday in a must-win for Saskatchewan if it wants to maintain a chance at first place.

"Mike lives one more week. He'll keep the job for one more week," quipped Riders head coach Corey Chamblin. "That's what I'll say about Mike McCullough.

McCullough forced turnovers two and four during a stretch in which B.C. coughed up the ball four times in five offensive plays.

THE CANADIAN PRESS

The Roughriders' Kory Sheets celebrates Saturday's win at Mosaic Stadium. THE CANADIAN PRESS

CFL. Alouettes' offence puts hurt on Hamilton

The Alouettes celebrate an S.J. Green touchdown on Sunday in Montreal. THE CANADIAN PRESS

Troy Smith threw three touchdown passes in his first CFL start as the Montreal Alouettes downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

S.J. Green, with two, and Arland Bruce were on the receiving end of TD throws from the 2006 Heisman Trophy winner, while Tyrell Sutton ran one in. Sean Whyte had two field goals as Montreal won for the third time in four games.

THE CANADIAN PRESS

NHL

Blue Jackets crack winning code against Canucks

R.J. Umberger scored his first goal of the season with 8:46 left and the Columbus Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday night.

Curtis McElhinney, making his first appearance for the Blue Jackets in place of Vezina Trophy-winner Sergei Bobrovsky, had 37 saves.

THE ASSOCIATED PRESS

NHL. Demoted backstop Biron chooses retirement

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week. He was assigned to the Hartford Wolfpack on Tuesday, but he did not report.

"After thinking about it with my family, I've decided to retire as a player and move on to a new chapter," Biron wrote on his Twitter account. "Thank you all for your support." THE CANADIAN PRESS

Biron's numbers

Martin Biron went 230-191-52 with a 2.61 goals-against average and .910 save percentage in 508 games with the Buffalo Sabres, Philadelphia Flyers, New York Islanders and New York Rangers.

- He gave up nine goals on 38 shots in two appearances this season before being waived.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Horoscopes

♈ Aries
March 21 - April 20
Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

♉ Taurus
April 21 - May 21
A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

♊ Gemini
May 22 - June 21
Every upheaval is an opportunity in disguise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

♋ Cancer
June 22 - July 23
As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

♌ Leo
July 24 - Aug. 23
You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

♍ Virgo
Aug. 24 - Sept. 23
It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

♎ Libra
Sept. 24 - Oct. 23
Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

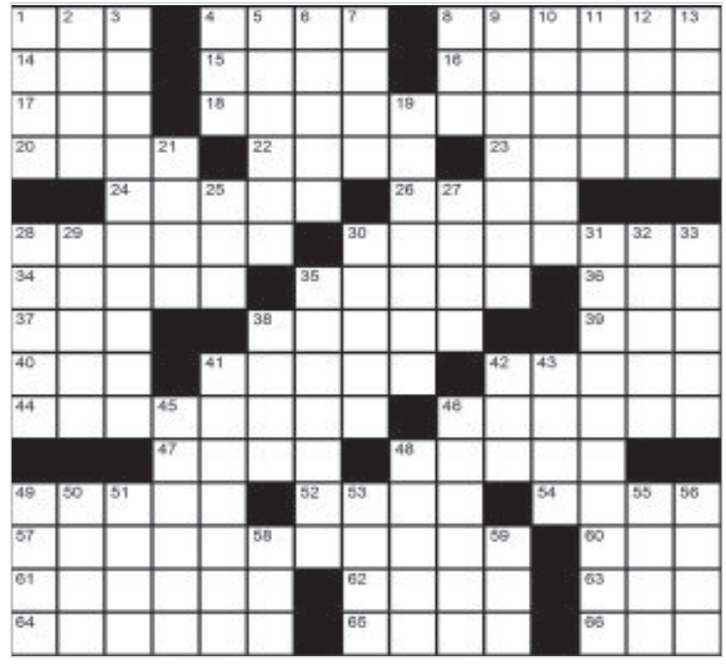
♐ Sagittarius
Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

♑ Capricorn
Dec. 22 - Jan. 20
Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

♒ Aquarius
Jan. 21 - Feb. 19
Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

♓ Pisces
Feb. 20 - March 20
You may not be a rule breaker but there is one rule that annoys you so much you are determined to smash it. That's fine but don't forget that actions have consequences.

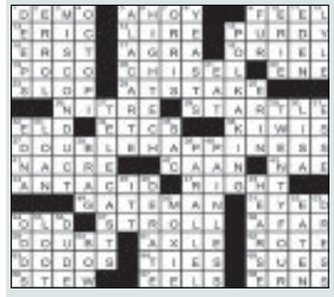
SALLY BROMPTON



Across
1. A-li'l-__-will-d'ya
4. Gas station name
8. Rejects
14. Football's Mr. Manning
15. "__ she blows!"
16. Set the dial: 2 wds.
17. Vroomer
18. Toronto-born singer of "Old Skool Love": 2 wds.
20. Modeller's buys
22. Island off of Newfoundland
23. Beau __ (Gracious action)
24. Megan of "Smash"
26. Gone With the Wind land
28. 1991 Tragically Hip album: 'Road __'
30. Canadian insurance and financial services company
34. Lively rhythms
35. Adjust margins, say
36. Capture
37. Disney deer
38. Carries
39. Put down, slang-style
40. Gladiator's 300
41. Circled
42. I'm; __; He's...
44. Forest for Robin Hood
46. Lab device, __ burner
47. Where the White House is, __ _._.
48. Kindled again
49. "_ __ Before Dying" (1991)
52. In the thick __ __
54. Restaurant receptacle
57. Consumer watchdog program on the CBC
60. Rosemary's Baby novelist Mr. Levin
61. Seasonable
62. "Aren't _ __ lucky one?"
63. "Lost in Love" soft rockers with a Supply of it
64. Gobbles food, in slang
65. Johnny Carson's predecessor Jack
66. Chap

Down
1. Casino pack
2. Court game, with Jai
3. Charlottetown, 'The __ of Confederation'
4. Airport schedule acr.
5. Changes
6. "__ Truffle" by The Beatles
7. Real thing, for short
8. Female saint in France [abbr.]
9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.
10. Artificial
11. Vintage autos
12. Food package abbr., __. __.
13. Loudness of sound unit
19. As sheet music is
21. River deposit
25. Guitarist Mr. Paul
27. Santa __ (Hot winds)
28. Sir Guinness, and others
29. Salt amount
30. __ out (Dished)
31. The __ Revolution
32. Laissez-__
33. Buddy of "The Beverly Hillbillies"
35. Peter Weller '80s Sci-Fi flick
38. Step heavily
41. "...to thine __ __ be true..." - Shakespeare
42. Montreal airport code
43. Taking care of things: 2 wds.
45. Daredevil
46. "You __!" (That's right!)
48. Lasso
49. Tbsp., et al.
50. Ballet world's Karen
51. "My Friend __" ('50s sitcom)
53. Acrobat's feat
55. Opera song
56. Stick sort
58. Mr. Cobb's
59. 'Profit' suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

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Dr John Clark, DC
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For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. **Dealership operating hours may vary.** *Until **October 28, 2013**, receive 0% APR purchase financing on new 2013/2014 Fiesta models for up to 72 months and 0% APR purchase financing on new 2013 Escape models for up to 60 months; **October 31, 2013**, receive 0% APR purchase financing on new 2013 [Focus (excluding BEV)] for up to 72 months; and until **December 2, 2013**, receive 0% APR purchase financing on new 2013 Ford [Edge (excluding SE)] for up to 48 months, 2014 Ford [Taurus] for up to 60 months, 2014 [Fiesta] for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. †Until December 2, 2013, receive $500/ $750/ $1,000/ $1,250/ $1,500/ $1,750/ $2,000/ $2,250/ $2,500/ $2,750/ $3,000/ $3,500/ $3,750/ $4,000/ $4,250/ / $4,750/ $5,500/ $5,750/ $6,500/ $6,750/ $7,500/ $8,000/ $8,250/ $8,500/ $9,250/ $9,500 in Manufacturer Rebates with the purchase or lease of a new 2013 [Focus (excluding S and BEV)], 2014 [Escape 1.6L] / 2013 [Fusion excluding S)], 2014 [Focus S, Taurus SE, Escape S, F-150 Regular Cab XL 4x2 Value Leader)]/ 2014 [Focus BEV, Transit Connect (excluding Electric), E-Series] / 2013 [C-Max], 2014 [Escape 2.0L]/ 2013 [E-Series] / 2014 [Mustang V6 Coupe]/ 2013 [Fiesta S, Mustang V6 Coupe, Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 Value Leader), F-350 to F-550 Chassis Cabs], 2014 [F-350 to F-550 Chassis Cabs] / 2013 [Fiesta (excluding S)]/ 2013 [Mustang V6 Premium, Explorer (excluding Base)], 2014 [Mustang V6 Premium]/ 2013 [Taurus SE, Escape 1.6L, Transit Connect (excluding Electric)]/ 2014 [Mustang GT, Escape 2.0L]/2013 [Expedition]/ 2013 [Taurus (excluding SE)], 2014 [F-150 Regular Cab (excluding XL 4x2)] / 2014 [F-250 to F-450 Gas Engine (excluding Chassis Cabs)]/ 2013 [Focus BEV]/ 2013 [F-150 Regular Cab (excluding XL 4x2)/ 2014 [F-250 to F-450 Diesel Engine (excluding Chassis Cabs)]/2013 [F-150 Super Cab and Super Crew]/ 2013 [F-250 to F-450 Diesel Engine (excluding Chassis Cabs)] - all Raptor, GT500, BOSS302, and Medium truck models excluded. Manufacturer Rebates are not combinable with any fleet consumer incentives. ‡Between October 23, 2013 and October 28, 2013, eligible purchase financing and lease customers will have the equivalent of their first three bi-weekly payments covered by Ford Motor Company of Canada, Limited up to a maximum amount per eligible vehicle (the "Offer"). The Offer applies to the first three bi-weekly payments for customers paying on a bi-weekly basis and the sum of 1/2 monthly payments divided by 26 and multiplied by 3 for customers paying on a monthly basis ("First 3 Bi-Weekly Payments"). Maximum amounts are $500 on Focus and Fiesta, $750 on Fusion, Escape and CMAX, $1,000 on Mustang (excluding Shelby GT500), Taurus, Edge, Explorer, Flex and E-Series, $1,500 on Expedition, Transit Connect EV, and Medium Truck, $2,000 on F-150 (excluding Raptor), and $2,500 on Raptor, Shelby GT500, Mustang Boss 302, Transit Connect EV, and Medium Truck (each an "Eligible Vehicle"). 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